













## Menu for Berkshire Early Childhood Center



At Berkshire Early Childhood Center, we believe in nourishing young minds and bodies with a diverse range of nutritious snacks.

### September 2023 Menu

Daily Morning Breakfast Cereal Choices (cereal with milk offered 6:00 a.m.-8:00 a.m.):

Honey Nut Cheerios, Crisp Rice, or Cinnamon Toast Crunch

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays Special Breakfast- P is for pancakes/ <b>Cereal option</b>
<b>CLOSED LABOR DAY</b>	9/5 <b>AM Snack-</b>  fresh orange slices  <p style="text-align: center;"><b>or</b></p> Go Gurt Selection  <b>PM Snack-</b>  mozzarella string cheese  <p style="text-align: center;"><b>or</b></p>  Cheez It Crackers  <b>Note Substitute Foods Served and student receiving substitute below:</b>	9/6 <b>AM Snack-</b>  Apple slices  <p style="text-align: center;"><b>or</b></p> Go Gurt Selection  <b>PM Snack-</b>  celery sticks/ranch dip or peanut butter  <p style="text-align: center;"><b>or</b></p>  Teddy Bear Day- Bring a stuffed Animal Teddy Grahams  <b>Note Substitute Foods Served and student receiving substitute below:</b>	9/7 <b>AM Snack-</b>  Fresh seasonal fruit salad  <p style="text-align: center;"><b>or</b></p> Go Gurt Selection  <b>PM Snack-</b>  banana  <p style="text-align: center;"><b>or</b></p>  Cheez It Crackers  <b>Note Substitute Foods Served and student receiving substitute below:</b>	9/8 <b>AM Snack-</b>  Apple slices  <p style="text-align: center;"><b>or</b></p> Go Gurt Selection  <b>PM Snack-</b>  Rainbow Veggie Sticks/ranch dip  <p style="text-align: center;"><b>or</b></p>  Gold Fish Cracker  <b>Note Substitute Foods Served and student receiving substitute below:</b>

Beverages:  Water: Hydration is key! Fresh, clean water will be provided throughout the day to keep your child refreshed.  Milk will be available for snack and breakfast to provide essential nutrients for growing bodies.

Special Dietary Needs: We are committed to accommodating special dietary needs and allergies. Please inform our staff of any dietary requirements your child may have.

Lunch: Please provide lunch for your child. We will gladly heat up any pre-cooked items. If a child forgets a lunch one will be provided from the school cafeteria and charged to your account.

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays- Special Breakfast- B is for bagels/Cereal option
<p>9/11</p> <p><b>AM Snack-</b> 🍏 Apple sauce (cinnamon or strawberry)</p> <p style="text-align: center;"><b>or</b></p> <p>Go Gurt Selection</p> <p><b>PM Snack-</b> raisins</p> <p style="text-align: center;"><b>or</b></p> <p>🐟 Gold Fish Crackers</p> <p><b>Note Substitute Foods Served and student receiving substitute below:</b></p>	<p>9/12</p> <p><b>AM Snack-</b> 🍊 fresh orange slices</p> <p style="text-align: center;"><b>or</b></p> <p>Go Gurt Selection</p> <p><b>PM Snack-</b> 🧀 mozzarella string cheese</p> <p style="text-align: center;"><b>or</b></p> <p>🧀 Cheez It Crackers</p> <p><b>Note Substitute Foods Served and student receiving substitute below:</b></p>	<p>9/13</p> <p><b>AM Snack-</b> 🍏 Apple slices</p> <p style="text-align: center;"><b>or</b></p> <p>Go Gurt Selection</p> <p><b>PM Snack-</b> celery sticks/ranch dip or peanut butter</p> <p style="text-align: center;"><b>or</b></p> <p>🧀 veggie straws</p> <p><b>Note Substitute Foods Served and student receiving substitute below:</b></p>	<p>9/14</p> <p><b>AM Snack-</b> 🍉 Fresh seasonal fruit salad</p> <p style="text-align: center;"><b>or</b></p> <p>Go Gurt Selection</p> <p><b>PM Snack-</b> 🍌 banana</p> <p style="text-align: center;"><b>or</b></p> <p>🐟 Goldfish Crackers</p> <p><b>Note Substitute Foods Served and student receiving substitute below:</b></p>	<p>9/15</p> <p><b>AM Snack-</b> 🍏 Apple slices</p> <p style="text-align: center;"><b>or</b></p> <p>Go Gurt Selection</p> <p><b>PM Snack-</b> 🥕 Rainbow Veggie Sticks/ranch dip</p> <p style="text-align: center;"><b>or</b></p> <p>🥯 Bagel Bites</p> <p><b>Note Substitute Foods Served and student receiving substitute below:</b></p>

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays Special Breakfast- t is for Toast/ <b>Cereal</b> <b>option</b>
<p>9/18</p> <p><b>AM Snack-</b> 🍏 Apple sauce (cinnamon or strawberry)</p> <p style="text-align: center;"><b>or</b></p> <p>Go Gurt Selection</p> <p><b>PM Snack-</b> 🍇 raisins</p> <p style="text-align: center;"><b>or</b></p> <p>Fruit popsicle</p> <p><b>Note Substitute Foods Served and student receiving substitute below:</b></p>	<p>9/19</p> <p><b>AM Snack-</b> 🍊 fresh orange slices</p> <p style="text-align: center;"><b>or</b></p> <p>Go Gurt Selection</p> <p><b>PM Snack-</b> 🧀 mozzarella string cheese</p> <p style="text-align: center;"><b>or</b></p> <p>🐟 Goldfish Crackers</p> <p><b>Note Substitute Foods Served and student receiving substitute below:</b></p>	<p>89/20</p> <p><b>AM Snack-</b> 🍏 Apple slices</p> <p style="text-align: center;"><b>or</b></p> <p>Go Gurt Selection</p> <p><b>PM Snack-</b> celery sticks/ranch dip or peanut butter</p> <p style="text-align: center;"><b>or</b></p> <p>🍞 Cheez It Crackers</p> <p><b>Note Substitute Foods Served and student receiving substitute below:</b></p>	<p>9/21</p> <p><b>AM Snack-</b> 🍉 Fresh seasonal fruit salad</p> <p style="text-align: center;"><b>or</b></p> <p>Go Gurt Selection</p> <p><b>PM Snack-</b> 🍌 banana</p> <p style="text-align: center;"><b>or</b></p> <p>🍞 Cheez It Crackers</p> <p><b>Note Substitute Foods Served and student receiving substitute below:</b></p>	<p>9/22</p> <p><b>AM Snack-</b> 🍏 Apple slices</p> <p style="text-align: center;"><b>or</b></p> <p>Go Gurt Selection</p> <p><b>PM Snack-</b> 🥕 Rainbow Veggie Sticks/ranch dip</p> <p style="text-align: center;"><b>or</b></p> <p>🍞 Ritz crackers 'N cheesy dip</p> <p><b>Note Substitute Foods Served and student receiving substitute below:</b></p>

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays- Special Breakfast- F is for French Toast/ <b>Cereal option</b>
<p>9/25</p> <p><b>AM Snack-</b> 🍏 Apple sauce (cinnamon or strawberry)</p> <p><b>or</b></p> <p>Go Gurt Selection</p> <p><b>PM Snack-</b> raisins</p> <p><b>or</b></p> <p>🐟 Gold Fish Crackers</p> <p><b>Note Substitute Foods Served and student receiving substitute below:</b></p>	<p>9/26</p> <p><b>AM Snack-</b> 🍊 fresh orange slices</p> <p><b>or</b></p> <p>Go Gurt Selection</p> <p><b>PM Snack-</b> 🧀 mozzarella string cheese</p> <p><b>or</b></p> <p>Oatmeal cookies</p> <p><b>Note Substitute Foods Served and student receiving substitute below:</b></p>	<p>9/27</p> <p><b>AM Snack-</b> 🍏 Apple slices</p> <p><b>or</b></p> <p>Go Gurt Selection</p> <p><b>PM Snack-</b> celery sticks/ranch dip or peanut butter</p> <p><b>or</b></p> <p>veggie straws</p> <p><b>Note Substitute Foods Served and student receiving substitute below:</b></p>	<p>9/28</p> <p><b>AM Snack-</b> 🍉 Fresh seasonal fruit salad</p> <p><b>or</b></p> <p>Go Gurt Selection</p> <p><b>PM Snack-</b> 🍌 banana</p> <p><b>or</b></p> <p>🐟 Goldfish Crackers</p> <p><b>Note Substitute Foods Served and student receiving substitute below:</b></p>	<p>9/29</p> <p><b>AM Snack-</b> 🍏 Apple slices</p> <p><b>or</b></p> <p>Go Gurt Selection</p> <p><b>PM Snack-</b> 🥕 Rainbow Veggie Sticks/ranch dip</p> <p><b>or</b></p> <p>Fruit Kabobs</p> <p><b>Note Substitute Foods Served and student receiving substitute below:</b></p>